

Fun Activities for you and your Child to Explore Occupations

There are many activities that you can do at home to help increase your child's awareness of occupations. Help your child think about chores and how the skills learned in school are needed to complete those chores. You can use such activities as:

- Paying bills;
- Buying groceries;
- Sending birthday cards and letters;
- Getting appliances repaired;
- Shopping for clothing; and
- Organizing family activities.

Ask your child to create a timeline for his or her school day. For example:

- 6:30 - Get out of bed
- 6:35 - Eat breakfast
- 6:45 - Get dressed, comb hair, brush teeth
- 7:10 - Make it to school
- 7:40 - Get organized for first class
- 8:00 - Science class
- 9:00 - Math class
- 10:00 - English class
- 11:00 - Gym class
- 12:00 - Eat lunch
- 1:00 - Spanish class
- 2:00 - Theatre Arts class
- 3:00 - Do homework

Then ask your child to think about how his or her workday may be similar or different.

Teachable Moments -

Put names of different occupations in a bowl. Each month, have your child draw the name of an occupation out of the bowl. During the month, have your child collect as much information as he or she can about that occupation. Reward your child at the end of the month for collecting the information and discuss the career with him or her.

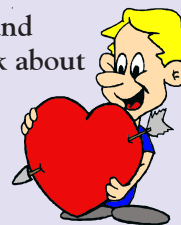
Ask your child the following questions:

- Would you like to work alone or in a group?
- Would you rather work inside or outside?
- Would you prefer working during the day or during the night?
- Would you mind wearing a uniform?
- Would you like to make things or to sell things?
- Would you rather travel or stay close to home?
- Would you like to work with your hands?
- Would you prefer to give directions or to follow directions?
- Would you rather use communication skills or math skills?

Have your child "interview" you about what you used to think about school and careers growing up. Here are some sample questions for your child to ask:

- What were your favorite school subjects?
- What did you like to do with your free time?
- What career did you think about when you were young?
- Did you follow the career path you dreamed about when you were young? Why or why not?
- What obstacles were in the way of your career path?
- What did your parents want you to do?
- Who helped you make your career decision?
- What did you learn in school that helped you most?
- What is your favorite thing about the work you do now?
- What do you like least about the work you do now?
- What skills did you learn in elementary school that you use in your **work** now?
- What skills did you learn in elementary school that you use in your **home life**?

**Being an involved parent and
encouraging your child to think about
occupations from an early age
will help your child be
successful in life.**



For more information:

Visit the Rhode Island Career Anchor and Parent Guide at www.dlt.ri.gov/crn

America's Career Resource Network at www.acrnetwork.org

DLT is an equal opportunity employer/program, auxiliary aids & services are available on request to individuals with disabilities.

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Career Awareness in Elementary School



**Help your child discover the WORLD
OF WORK from an early age.....**

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Why is it important to get an Early Start?

Elementary school is not too early to start teaching your child about occupation awareness. It is important for your child to become aware of how schooling is connected to a successful future. You can help your elementary school child:

- ✎ Discover the variety of occupations available;
- ✎ Connect what is being learned in school to real world situations;
- ✎ Imagine himself or herself in an occupation; and
- ✎ Develop work-readiness skills such as working and playing with others, making decisions, solving problems and being a leader.

Many times, children choose occupations based on what they see on television or what their parents do for a living. If you help your child learn about a broad range of occupations, he or she will have more information when it comes time to make career decisions.

To help your child understand how schoolwork will be used in a future occupation, you can explain the skills workers use in their jobs. For example:

- ✎ A veterinarian uses math skills to calculate the amount of medicine a cat will need;
- ✎ A reporter needs writing skills to compose newspaper articles; and
- ✎ A marine biologist relies on his or her knowledge of science to study aquatic life.



By talking with your child about the link between school and careers, you will help your child understand why school is important. School success will prepare him or her for adult life, as well as open the doors to his or her ideal occupation.

How do I start talking to my Child about Careers?



interest relate to activities that adults do.

One way to start talking to your elementary-aged child about occupations is to talk about the things that interest your child. Then, point out how these items of

For example:

If your child likes art, discuss how adults use art to design houses, clothing, jewelry, magazine ads, movie sets and even toys. Explain that art is also used to draw cartoons, arrange flowers and take photos for magazines and books.

If your child likes to be outdoors, discuss how he or she can have an occupation that involves working outside, such as landscape architecture, forestry, archeology, construction work, marine biology and commercial fishing.

If your child is very social, discuss how people who like to talk and work with people may choose to work as a teacher, a lawyer, a customer service representative, a receptionist, a hotel manager or a convention planner.

If your child likes to help people, talk about different ways he or she can do that in an occupation, such as working as a nurse, doctor, athletic trainer, family counselor or child care worker.

If your child loves math, you may want to talk about the possibility of becoming an accountant, a computer programmer, an engineer or a statistician. You should also remind your child that almost all jobs use basic math, so it is a very important skill to have.

If your child likes to keep others safe, talk to your child about police officers, forensic scientists, detectives, investigators, parole officers, security guards or bailiffs.

Career Skills for your elementary-aged Child.....

Elementary school is the time when your child should start learning about responsibility, cooperation, and problem solving. Here are some ways you can help your child learn these valuable skills for school and for work. You can help your child in many ways. For example:

- ✎ Help your child develop a positive attitude and feel good about his or her life.
- ✎ Talk about what your child likes and dislikes, and explain that every person has different likes and dislikes.
- ✎ Teach your child to accept other children's ideas, even if they are different from your child's.
- ✎ Have your child think about how his or her behavior might affect the feelings of other children.
- ✎ Resolve conflicts in a positive manner.
- ✎ Talk to your child about how he or she is feeling, and teach your child to deal with his or her emotions in a healthy manner.
- ✎ Have your family work as a team to complete a home project.
- ✎ When your child makes a mistake, work to correct the mistake and to prevent the same mistake from happening again.
- ✎ Take your child to school on time, and teach the importance of punctuality.
- ✎ Involve your child in real-world examples of decision-making. Talk to your child about how his or her decisions impact other people.
- ✎ Explain why work is important - not only for a source of income but also as a way to contribute to society.

